

# Functional Capacity Evaluations



The CS Health functional capacity evaluation (FCE) assesses an individual's physical ability to perform tasks typical to their role. FCEs may be conducted as part of the initial recruitment process, or to assess a person's physical and functional tolerances following an injury or illness.

FCEs can be used as part of a structured and safe return to work program to determine a worker's:

- Physical capability to perform their current or proposed role
- Capacity for full duties before receiving full medical clearance
- Current capacity for suitable duties following an injury or illness.

Different assessments apply to underground, surface, trade and supervisory roles, and can be tailored to the specific needs of your workplace and job roles.

## Functional Capacity Evaluations focus on areas such as:

- Cardiovascular fitness
- Upper body strength
- Postural tolerance activities
- Dynamic activities
- Manual handling
- Ability to complete job simulation tasks

FCEs are performed in our purpose-built area and are completed by appropriately qualified staff including Occupational Therapists, Physiotherapists and Exercise Physiologists.

We also offer integration between our functional area and gym facilities for graded exposure work conditioning.

FCE Type	
<b>Pre-placement</b>	<ul style="list-style-type: none"> <li>• Conducted as part of the initial recruitment process.</li> <li>• Different assessments apply to underground and surface roles.</li> </ul>
<b>Mines Rescue</b>	<ul style="list-style-type: none"> <li>• An FCE is required as part of a brigades member's assessment for fitness.</li> <li>• Different assessments apply to underground brigades and surface emergency response teams.</li> </ul>
<b>Return to work</b>	<ul style="list-style-type: none"> <li>• These assessments can be requested for clients following periods of absence from work due to injury or illness to determine if the worker can physically meet the demands of their role.</li> </ul>
<b>WorkHab (Northern region only)</b>	<ul style="list-style-type: none"> <li>• Enables a licensed evaluator to objectively measure, determine and report on the functional abilities of an individual.</li> <li>• The WorkHab functional is predominantly used to determine a worker's safe and objective physical capabilities, establish and monitor return to work goals and aid in return to work facilitation.</li> </ul>

**Information and appointments:  
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September 2020

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